

## It s Not about the Workouts: A Championship of the Soul

IT'S NOT ABOUT  
THE WORKOUTS



A championship of the soul  
*David Kahne*

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### Book Review

It is really an incredible publication which i actually have possibly read through. It really is writter in easy phrases and not confusing. Once you begin to read the book, it is extremely difficult to leave it before concluding.

**(Jodie Wehner)**

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